(19) World Intellectual Property Organization

International Bureau





(43) International Publication Date 25 August 2005 (25.08.2005)

PCT

(10) International Publication Number WO 2005/077473 A1

(51) International Patent Classification⁷: A63B 69/34, 23/02

(21) International Application Number:

PCT/AU2005/000212

(22) International Filing Date: 18 February 2005 (18.02.2005)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:

2004 900 831 18 February 2004 (18.02.2004) AU 2004 901 213 10 March 2004 (10.03.2004) AU

(71) Applicant and

(72) Inventor: ROSS, Bruce, William [AU/AU]; S.U. Sport G09, University of Sydney, New South Wales 2006 (AU).

(74) Agent: MAXWELL, Peter; Peter Maxwell & Associates, Level 6, 60 Pitt Street, SYDNEY, New South Wales 2000 (AU). (81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

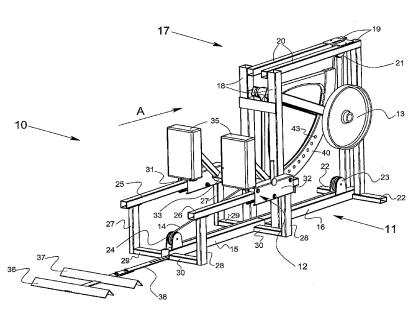
(84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IS, IT, LT, LU, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GO, GW, ML, MR, NE, SN, TD, TG).

Published:

with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: PHYSICAL TRAINING APPARATUS



(57) **Abstract:** A physical training apparatus (10) has a main frame (11) having a front portion (15) and a back portion (16), an upright portion (17) spaced from the front portion (15) and moveable carriage (12) slidable with respect to the front portion (15) of the main frame (11). A cable (14) is connected by one of its ends to the carriage (12) and extends from the front portion (15) to the upright portion (17). A weight (13) is pivotally mounted on the upright portion (17) and is connected to the other end of the cable (14) and is positioned above the base of the main frame rearward of the front portion (17), so that a driving force on the carriage (12) causes the weight (14) to rise thereby providing resistance to the driving force on the carriage (12).